



Seminole County Parks  
and Recreation Department  
with



# Florida Youth Programs present Youth Self Defense Classes

REGISTRATION - Tuesday  
5pm to 7pm

## Self Defense Info:

This youth course was designed for  
SELF DEFENSE purposes only.

We emphasize safety awareness,  
communication, and the appropriate  
use of the skills taught in this class.  
Self discipline rather than aggressivness  
is promoted. A Certified Black Belt will  
instruct various basic Karate, Forms &  
Self Defense.

Only  
\$5 Per  
Class



\$10 Non-Refundable Registration Fee  
Comfortable Clothes Required  
Classes Will Be Separated Into Age Groups  
Uniform Suggested - Not Required  
Physical Contact is NOT allowed  
in these beginner classes



For more information visit:

[www.FloridaYouthPrograms.com](http://www.FloridaYouthPrograms.com)

## WHERE

Red Bug LAke Park  
3600 RED  
BUG LAKE ROAD  
CASSELBERRY  
(At the  
racquetball  
courts)

407.439.KIDS  
(407.439.5437)

## WHEN

Tuesdays  
5:00 - 5:50  
6:00 - 6:50

## COST

\$5 Per Week  
Pay As You Go  
NO Personal Checks  
No Long Term  
Commitments

## SELF DEFENSE

Safety Awareness  
Self Discipline  
Physical Fitness  
Self Confidence  
Respect  
Goal Setting

